

Attention College Graduates:



Your Future
Maintains
Our Leadership
Position

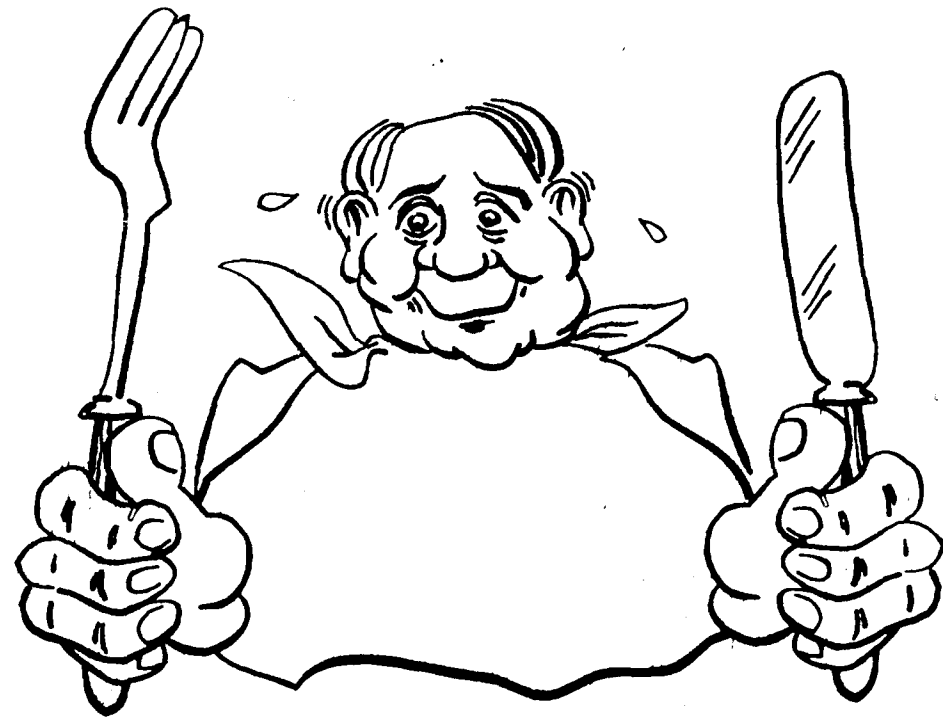
.....as long as you continue your life as you have for the past 20-odd years. We need strong, able bodies willing to give up all pleasure for our needs. We need you if you are willing to be satisfied with meaningless activity, if you are willing to accept our leadership and authority, if you are willing to conform your thoughts to our line. This system has worked hard to produce you as you are today. You've already shown us your patience--most of you spent your first 18 years in a nuclear family obeying the rules of your parents and teachers. In the University you've experienced more of the same rules and regulations, you've experienced an increasing workload year after year (so that you're too busy for anything else), as well as less and less control over your life. And you've shown remarkable restraint from anger over the petty problems of everyday life--finding a place to live, standing in long lines at the grocery, at registration for school, at finding a job (boring and useless that it was). And now we want to reward you. We'll offer you all kinds of gimmicks--we'll pay off your student loan, we'll give you a cash bonus, we'll give you professional status (even though we'll make all the decisions for you), anything we can think of to snatch you into our fold.

After all, we're only asking for your life.

Is There Life After a Job?

An Unpaid Subvertism

WHY FREEEGAN?



—an attack on consumption

—in defense of donuts—

EMERGENCY!

Flushing the toilet wastes 10 gallons of water!
Water is a precious and scarce resource!

DON'T FLUSH!

If it's yellow, let it mellow!

(or go outside...fun for you, good for plants!)

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copy these on sticker paper + put 'em in bathrooms

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contact if you have any questions, concerns, rants or raves.
Copy and distribute any or all of this!

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and

the rockin' gainesville freegan crew and the rest of the
Florida Radical Activist Network!

Resources:

the Art and Science of Dumpster Diving- John Hoffman- he has some real mean politics, but also some good dumpster diving and self-sufficiency advice and stories

Voluntary Simplicity- Duane Elgin- awesome book about living simply, voluntarily

How Much is Enough? The Consumer Society and the Future of the Earth- Alan Durning

Working Sucks- Tim Righteous- awesome pamphlet criticizing work and offering alternatives

Steal this Book- Abbie Hoffman- book full of scams. Some are outdated, some aren't.

Breaktime. Living without work in a 9 to 5 world- Bernie Lefkowitz

Appeal to the Homeless-self sufficiency through shoplifting- Nation of Thieves

How to Steal Food from the Supermarket- J. Andrew Anderson- written by a supermarket security guard!

Adbusters Quarterly- attack on advertising and consumer culture- awesome.

Seedhead distro- lots of stuff on self-sufficiency

Why Vegan? -pamphlet about veganism

Auto Free Times- anti-car publication

the Humanure Manual - about making manure from poop

My Views Change Over Time #1- awesome zine from awesome kid in Gainesville, FLORIDA! has an awesome article about freeganism

I know there are books on edible/medicinal plants, just look around. There are also pamphlets about squatting, home brewing, anti-car fun, scams, solar ovens, train hopping, hitchhiking, etc. Look around or contact for more info. Also

WHY FREEGAN?

Freeganism is essentially an anti-consumerist ethic about eating; asking "why freegan?" is essentially asking "why not consumerism?", so here is a quick criticism of consumerism:

Treading lightly on the Earth- our high-impact, produce and consume society puts a very intense strain on the Earth and her resources. Rainforests are clear-cut to provide more land for food production. Food production also consumes vast quantities of fresh water, one of our fastest-depleting resources. And then there is the packaging! Go look in your trash right now and most likely it will be filled with plastic, paper, and styrofoam packaging from food products(if not you get mad props!) Go look in any trash or a landfill and you will see literally tons and tons of packaging. The act of consumption is the transformation of natural land and resources into money for corporations and acres of trash in landfills. (This is not a good thing.)



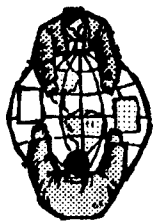
Anti-capitalism- if you are an anti-capitalist, what better way to protest the economy than withdrawing from it and never using money?



Working sucks- where does the money you spend come from? You or your folks working long hours at a dehumanizing job, most likely. You don't have to compromise yourself and your humanity to the evil demon of

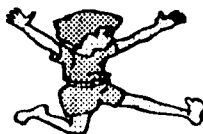
wage-slavery! Working sucks and if a little scavenging can keep you from needing a job than go jump in a dumpster! Even if you do need to work to pay your bills, think about how much less you would have to work if you didn't have to buy food.

Privilege- we, in America, have so much and so many people all over the world have so little. Why do we have more? Because we're number one! Other folks are literally starving so that we can have fully-stocked shelves at our supermarkets and health food stores. If this concerns you (as it should) you can protest the unbalanced distribution in America and the world by sacrificing some of your privilege and feeding yourself off of the ridiculous excess of food instead of consuming products from the supermarket shelves we are so unjustly privileged to have access to.



The ultimate boycott- by not consuming, you are boycotting EVERYTHING! All the corporations, all the stores, all the pesticides, all the land and resources wasted, the capitalist system, the all-oppressive dollar, the wage slavery, the whole burrito! That should help you get to sleep at night!

Your life- think about how your life is wrapped up in the game of consumption: think about the job you hate, the ugly billboards in your community, the horrible waste, the stink, the fast pace and lack of compassion that surround you and understand that **as you consume it, it consumes you**. How much of your day is spent dealing with money? How does money affect your ideas about other people? Think about how much more to life there is and find it, do it, go!



yourself from the consumer mindset- the solutions to all of your problems can not be found at the shopping mall!

Conclusion:

There are two options for existence: 1) waste your life working to get money to buy things that you don't need and help destroy the environment or 2) live a full satisfying life, occasionally scavenging or working your self-sufficiency skills to get the food and stuff you need to be content, while treading lightly on the earth, eliminating waste, and boycotting everything. Go!



Homebrew- don't buy alcohol! Alcohol corporations are big and scary and perpetuate fucked up gender roles and beauty myths with their advertising. Brew your own wine and beer!

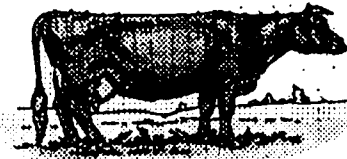
Get a Cup!- get a big, durable plastic cup with a lid and a fork or spoon and carry it with you at all times. This will dramatically reduce the amount of disposable silverware and bowls/plates/cups/bottles you consume. Instead of buying a bottle of beverage, fill up your cup with water. Eat out of it too. If you get one that seals, you can take home restaurant leftovers in it instead of in styrofoam!

Get a Hanky!- carry a handkerchief with you and you won't need tissues or paper towels and it is handy to have for spills, tears, etc.



Squat- If you can live in an abandoned building for free, do it!

Stretch- stretch what you have! Before you throw something away, ask yourself (repeatedly) "will I ever use this for anything? Do I know anyone who will?" Before you buy anything figure out if you can make it, borrow it, do without, fix the one you already have or get it for free somehow. How long will it last, how often will it get used, can you share it with others, can you recycle it or reuse it when it stops working? If it costs \$5, ask yourself if it is worth an hour of your life. If not, do without it. Repair your clothes, buy second-hand, share! Fix old stuff instead of buying new stuff. Learning how to fix things yourself saves you money and brings independence and self-reliance. Free



Criticism of veganism:

The vegan theory is essentially a boycott of any products that injure animals in their production. The vegan consumers are flexing their monetary muscle and "voting with their dollars" for the products that don't injure animals. These dollars are voting for coca-cola, big corporate grocery stores, greasy fast-food (we all know taco bell vegans) and worse. Shouldn't truly conscientious folks seek something more? I don't vote because no matter who I vote for, the government always wins and when you "vote with your dollars", consumerism always wins, capitalism always wins. So... make a list of all the unethical practices that really piss you off and make a list of all the corporations and products you want to boycott. Veganism is a good first step, but is your only concern animals? I made this list and when I was done, I couldn't really justify buying anything, I couldn't get behind any aspect of the corporate death consumer machine so I decided to boycott everything. I still spend money sometimes (I love going out for Thai food) but I try to be very conscientious about my consumption. Besides the concern that veganism as an ethic for eating stops short, it is also still a very high impact lifestyle. The packaging from vegan food doesn't take up less space in the landfill or consume less resources just cause the food is vegan. The whole produce and consume dynamic is still played out, but the setting is a fancy health food store instead of a supermarket. Veganism is not a threat, or a challenge to the wasteful practices of our capitalist society.

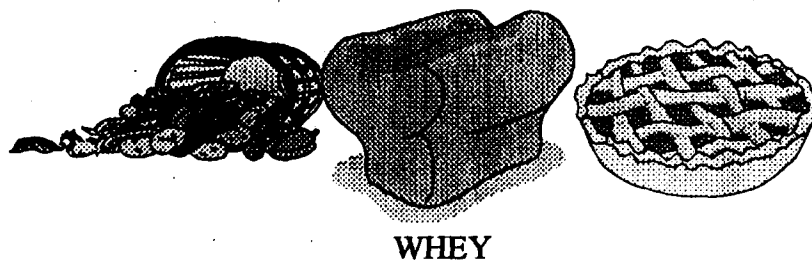


How Freegan?

Freeganism, also known as ethical eating, voluntary simplicity, monetary minimalism, the ultimate boycott, etc. is fun and easy. Here are some basic tips:

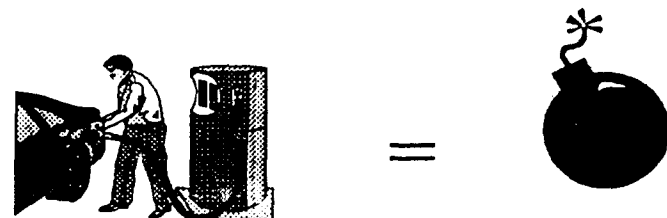
Quality of food- freegans widely vary in their concern for health- some freegans gorge themselves on dumpstered donuts and some are still totally vegan, but get all their food for free. Most fall in the happy medium who would rather eat a loaf of bread with whey in it than make a \$2 donation to the corporate death machine. Some freegans eat "edgy" food (on the edge of edibility) and some don't take chances. Some folks are even "meagan"- they eat meat if they get it for free.

"The Freegan Spectrum"



Water- don't shower often and when you do, instead of showering, "go swimming" in the shower with a friend- it is fun, explorative, liberating and consumes less water! Don't flush when you pee! It won't hurt you, pee just sits in the toilet, not bothering anyone; it doesn't warrant the 10 gallons per flush just to get rid of it. Wait until you get a good healthy poop in there and then flush it all away. If you don't like the smell of pee stagnating in the toilet, pee outside or dilute your urine(7 water to 1 pee) and fertilize with it or drink it(Gandhi drank a cup of his own pee every day). Also, you can make manure out of your poop! Or... dumpster dive some adult diapers and have a party where everyone straps one on and fills it up- no water wasted!

Carlessness- cars are gross and expensive, not to mention the gas companies, who are as evil as can be (look at Iraq, do you really want to fund the slaughter of innocent people?). Ride a bike or a bus or put a bike on a bus or hitchhike or walk or rollerskate or canoe or skateboard or hop a train or if you are gonna use a car than carpool, for Pete's sake! Or have 10 people split the cost on a community car that you all share. Or at least convert your engine to run on recycled vegetable oil. (Yes, this can be done!)



sucks, hook up yourself, hook up your friends, hook up strangers, hook up your local FNB! I have heard tell of a kid who feeds a three-person household off of his workplace acquisitions from the health food store. They eat damn good, too! You can also get the insider scoop and may be able to intercept food headed for the dumpster.

Returns- example: we just dove a bunch of jars of mayonnaise. We don't want to eat it, so we return it to the store, say we bought it and couldn't use it/don't want it and trade it in for cash or good food or store credit. Some stores throw away anything that is returned that costs less than \$50, so you can find expensive stuff, in a package, with a receipt!

Dine and dash- go to a restaurant, get really full, leave a tip and run for the hills! Good for the occasional gourmet feast.

DON'T DO THIS! SERVER OFTEN HAS TO PAY FOR YOUR MEAL ANNOY GETS IN TROUBLE!



Extending the

Ethic- withdrawal from the consumer death culture doesn't have to end with food:

Energy- use solar energy, make a solar oven, hang your wash on a line, don't use the air conditioner or heater when you can put on/take off clothes, open a window or use a fan, wash your dishes by hand- dishwashers consume a lot of energy and water, turn off lights when you aren't using them.

Quantity of food- a lot, everywhere. You have all seen that Food Not Bombs flyer about how many million pounds of food is wasted, well it is true. The food is plentiful. The food is good.

TWISTED IMAGE by Ace Backwards 01113



Strategy-

Dumpster diving! The best, easiest way to get the most food. Just head to your local grocery store, produce store, bagel and donut shop, bakery, K-mart (expired shelf-life goodies) and open up the dumpster and take a look. Don't be afraid to climb in and dig around! Have fun, go with your friends! If you just find a big, scary compactor behind the store (a bunch of big supermarkets have these) you can't get in, but you can fight back. Start a local DLF (dumpster liberation front!) and stick it to those compactors: superglue them so they don't work or hit them with a bat or pee on them or paint them up; have fun-compactors are the enemy. P.S. food is not the only fun thing in dumpsters! Happy scavenging!

Give-aways! A lot of small, independent places and even some bigger stores will give you food they are about to throw out if you just ask for it. Also, free lunches and soup kitchens! Make sure you aren't taking food from someone who really needs it if you don't but most places have a lot extra to go around. If you can get government food or food stamps, go for it! Go to Food

Not Bombs! and help out, then take some extra soup and bagels for the road. Just don't be afraid to ask and the food will come to you.

Plate scraping/Table-diving. Go in a restaurant and either ask a worker if you can eat plate scraps or just sit with a drink and hop up and grab plates off tables when diners leave and finish off what they left. In fast food places you can pull half-drunk sodas and half eaten orders of fries out of the trash. Me and my dear sweet friend Peter once sat in Denny's for hours eating table dives. After a while, diners would intentionally leave food on their plates for us or actually bring left-overs to our table. When the cook messed up on a couple orders, he brought them out to us. Someone even left a dollar on our table! If a waitress/waiter lets this go on, leave a tip! I have heard stories of plate-scrappers in the mall food court getting offered money to buy some food-free cash if you want to work the pity. It is possible that you will get harassed and kicked out so this method is not fool-proof.

Wild foraging/Gardening- Get a book on edible plants and start looking around; there is a lot more edible food growing all around us than we realize. Also, if you live down the street from orange and grapefruit trees, don't buy oranges and grapefruit! If

you live down in West Palm Beach, don't buy cans of coconut milk for Thai curry. Learn what grows in your area and find it or plant it. You can start your own garden in your yard or in that empty lot up the street. You don't need a lot of land or gourmet soil, just some dirt. Maybe your city even has a community garden and you and your friends could get a plot. For seeds, remember all those great fruits and veggies you just



dumpster-dove? Plant the seeds and stick the bad parts, stems and excess in a pile outside with some dirt. As the plant matter decomposes it will be magically transformed into super-rich compost, which makes a great fertilizer. Your newly planted seeds will be thrilled!

Barter- set up a local network that trades and/or shares goods and services. "I'll give you my extra ten pounds of broccoli if you fix my bike." "Hey dudes! Feast at my house! We made a great find and I love sharing the wealth of the dumpster!"



Scams/Shoplifting- there are a slew of shady ways to score free food ...always let your conscious be your guide!

Shoplifting- there is some debate over how freegan this really is because you are still creating an empty shelf that must be restocked, but it is more freegan than forking

over the big bucks. This is a more direct attack on the store selling the goods, not the producer(unless you hyper-boycott a product: pick something you can't stand and consistently get it off the shelves, steal it, break it, hide it, just eliminate it and the store will eventually stop selling it) so you should consider if you are a putting a ma and pa organic veggie stand out of business or just chipping away at a corporate goliath.

Employee theft- some folks believe this to be more ethical than shoplifting because it is a trade-off: they steal your time and energy and you steal their food. If you work somewhere that